



The Adoption Letter

An adoption letter is probably unlike anything you have ever written. You are not just writing a letter to someone - you are writing to someone you have never met, and perhaps never will meet, with the end goal of raising their child. It is a profound experience for both the prospective parents and the birth mother.

But because of its unique nature, parents going through the [adoption process](#) are often unsure of how to approach an adoption letter. "How do we start? What should we say? How much do we write? What if it's not good enough?" Doubts creep up and the letter becomes a daunting task, one that can leave parents up at night trying to complete.

While adoption letters may look intimidating, they are really not so impossible. To help with the adoption letter process, here are three things to remember when writing.

Be Yourself

An adoption letter to a [birth mother](#) is a way of introducing yourself without meeting her and a way of connecting the two sides together before the birth. In order to establish a proper connection, it is best to write honestly. The birth mother will connect with your genuine voice and history, not exaggerations or embellishments. Be yourself and you will find the right connection.

Be Positive

An adoption can be a very difficult and emotional time for a birth mother. This is why your letter should be as positive as possible. It should communicate and elucidate the wonderful life you plan to give to a child and how the birth mother would never have to worry about the kind of life her child would have.

Write, Don't List

An adoption letter is not the time to list off qualifications or bullet points as to why you would be a good parent. The letter should be personal and come from the heart, written with love and affection. The purpose of this letter is to show in writing what kind of parent you will be without listing off facts. Some parents tell the story of when they first met each other, or their [experiences with adoption](#). Others will share times of triumph or moments of sorrow, and how

Sample Letter For Reuniting With Adopted Kid

Bernice Gottlieb



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